

**West Texas A&M University  
Advising Services  
Degree Checklist  
2026-2027**

NAME: \_\_\_\_\_ WT ID: \_\_\_\_\_ DATE: \_\_\_\_\_

**Sports and Exercise Sciences—Strength and Conditioning Track  
Department of Sports and Exercise Sciences  
AC 217 651-2370**

CORE CURRICULUM COURSES: 42 HOURS		HRS
<b>Communication (Core 10)</b>		
ENGL 1301 Intro. To Academic Writing & Argumentation OR ENGL 1311 Writing About Ideas	3	
COMM 1315, 1318, or 1321	3	
<b>Mathematics (Core 20)</b>		
MATH 1314*, 1316*, 1324*, 1325*, 1332*/**, 1342*/**, 1350*/**, 2412*, or 2413* (2412 & 2413: fourth hr. moves to Core 90)	3	
<b>Life and Physical Sciences (Core 30)</b>		
See University Core Requirements below	(6)	
<b>Language, Philosophy and Culture (Core 40)</b>		
ANTH 2351, ENGL 2321*, 2326*, 2331*, 2341*, 2343*; HIST 2311, 2323, 2372; MCOM 1307; PHIL 1301, 2374; SPAN 2311*, 2312*/**, 2313*, 2315*, or 2371 <b>Choose 1</b>	3	
<b>Creative Arts (Core 50)</b>		
ARTS 1301, 1303, 1304; DANC 2303; MUSI 1306, 1307 (for music majors), 1310; or THRE 1310 <b>Choose 1</b>	3	
<b>American History (Core 60)</b>		
HIST 1301, 1302, 2301, 2381, 2382 <b>Choose 2</b>	6	
<b>Government/Political Science (Core 70)</b>		
POSC 2305 and 2306	6	
<b>Social and Behavioral Sciences (Core 80)</b>		
AGBE 2317*; COMM 2377; CRIJ 1301; ECON 2301, 2302; GEOG 1302; PSYC 2301; SOCI 1301 <b>Choose 1</b>	3	
<b>Component Area Option (Core 90)</b>		
<b>Take four hours from:</b> AGRI 2300; BUSI 1301, 1304; CIDM 1105, CIDM 1301 or 1315; CS 1301; ECON 2331; EDUC 1300; ENGL 1101, 1102, 1302*, 1312*, 2311*; HNSR 2171; <b>HSCI 2300</b> <b>(recommended)</b> ; IDS 1071 (1-3 hours); MUSI 1053 (1-2 hours); PHIL 2303; SES 1120; extra 4th-hour credits from Core 20 and Core 30 (MATH, BIOL, CHEM, ENVR, GEOL, PHYS)	4	
<b>SPORTS AND EXERCISE SCIENCES—STRENGTH AND CONDITIONING TRACK REQUIREMENTS: 72 HOURS</b> A grade of "C" or better must be earned in all courses required for major.		
<b>UNIVERSITY CORE REQUIREMENTS: 8 HOURS ♦</b>		
<b>CORE 30</b> BIOL 2401*[3] Human Anatomy & Physiology I	3	
<b>CORE 30</b> BIOL 2402*[3] Human Anatomy & Physiology II	3	
<b>CORE 90</b> BIOL 2401L[1] and 2402L[1]	2	
<b>STRENGTH AND CONDITIONING REQUIREMENTS: 64 HOURS</b>		
ATTR 2371 Athletic Training I	3	
ATTR 3310 Therapeutic Modalities and Exercise	3	
SES 1301 Foundations of Sports and Exercise Sciences	3	
SES 2321 Resistance Training and Conditioning Lab	3	
SES 2372 Philosophy of Coaching	3	
SES 3302 Structural Kinesiology & Kinetic Anatomy	3	
SES 3304 Exercise Testing and Prescription	3	
SES 3314 Introduction to Statistics in SES	3	
SES 3340 Sport Nutrition	3	

**Bachelor of Science Degree  
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SES 3343* Sport Biomechanics	3	
SES 3441*, 3441L Exercise Physiology	3	
SES 4098* Internship	6	
SES 4303 Motor Development and Learning	3	
SES 4325 Sport Psychology	3	
SES 4328 Psychology of Injury	3	
SES 4330* Administrative Concepts in SES	3	
SES 4339* Cardiovascular Exercise Physiology	3	
SES 4343* Research Methodology	3	
SES 4356* Essentials of Strength and Conditioning	3	
SES 4357* Program Design in Strength and Conditioning	3	
<b>BACHELOR OF SCIENCE REQUIREMENTS: 6 HOURS</b> <span style="float: right;"><b>OPTION</b></span>		
Six hours chosen from biology, chemistry, environmental science, geology, geosciences, mathematics, physics, and natural sciences.	6	
<b>ELECTIVES: 8 HOURS BY ADVISEMENT</b> A grade of "C" or better is required for SES courses.		
ELECTIVES	8	
<b>MINIMUM HOURS REQUIRED TO COMPLETE DEGREE</b>	<b>120</b>	

\* Indicates prerequisites—see catalog for more information.

\*\* While MATH 1332, 1342 and 1350 will fulfill core math requirements, they will NOT prepare students for higher-level math courses such as Plane Trigonometry (MATH 1316) or Pre-Calculus (MATH 2412).

\*\*\* Or an equivalent course (second year, second semester) in a foreign language.

**NOTE: This is NOT a degree plan. All undergraduate students must request an official degree plan from their academic dean's office by the time they have completed 30 credit hours.**

**WTAMU ADVISING SERVICES – 2026-2027 Curriculum Guide**

**Major: Sports and Exercise Science – Strength and Conditioning Track, B.S.**

**BS.SES.SC (150)**

<b>Year 1: Fall</b>		<b>Year 1: Spring</b>	
CORE 10 (Communication) – ENGL 1301 or 1311	3	CORE 40 (Lang., Phil. & Culture) – See checklist for options <sup>1</sup>	3
CORE 10 (Communication) – COMM 1315, 1318 or 1321	3	CORE 60 (American History) – See checklist for options <sup>1</sup>	3
CORE 20 (Mathematics) – MATH 1314, 2412 or 2413	3	CORE 70 (Govt./Pol. Sci.) – POSC 2305	3
CORE 90 (Comp. Area Opt.) – See checklist for options – HCSI 2300 strongly recommended for 3 of 6 hours	3	B.S. Requirement – See checklist for options	3
B.S. Requirement – See checklist for options	3	SES 1301 Foundations of Sports & Exercise Sciences	3
<b>Total:</b>	<b>15</b>	<b>Total:</b>	<b>15</b>
<b>Year 2: Fall</b>		<b>Year 2: Spring</b>	
CORE 30 (Life & Phys. Sci.) – BIOL 2401/2401L Human Anatomy & Physiology I – 4 <sup>th</sup> hour counts toward Core 90	4	CORE 30 (Life & Phys. Sci.) – BIOL 2402/2402L Human Anatomy & Physiology II – 4 <sup>th</sup> hour counts toward Core 90	4
CORE 50 (Creative Arts) – See checklist for options <sup>1</sup>	3	CORE 70 (Govt./Pol. Sci.) – POSC 2306	3
CORE 60 (American History) – See checklist for options <sup>1</sup>	3	SES 2372 Philosophy of Coaching	3
CORE 80 (Soc. & Behav. Sci.) – PSYC 2301 General Psych.	3	SES 3302 Structural Kinesiology & Kinetic Anatomy	3
SES 2321 Resistance Training & Conditioning Lab	3	SES 3304 Exercise Testing & Prescription	3
<b>Total:</b>	<b>16</b>	<b>Total:</b>	<b>16</b>
<b>Year 3: Fall</b>		<b>Year 3: Spring</b>	
CORE 90 (Comp. Area Opt.) – See checklist for options – SES 1120 strongly recommended for 1 of 6 hours	1	ATTR 2371 Athletic Training I	3
SES 3314 Introduction to Statistics in SES	3	SES 4303 Motor Development & Learning	3
SES 3340 Sport Nutrition	3	SES 4325 Sport Psychology	3
SES 3343 Sport Biomechanics	3	SES 4339 Cardiovascular Exercise Physiology	3
SES 3441/3441L Exercise Physiology	4	SES 4356 Essentials of Strength & Conditioning	3
<b>Total:</b>	<b>14</b>	<b>Total:</b>	<b>15</b>
<b>Year 4: Fall</b>		<b>Year 4: Spring</b>	
ATTR 3310 Therapeutic Modalities & Exercise	3	SES 4330 Administrative Concepts in SES	3
SES 4327 Psychology of Injury	3	SES 4098 Internship (1-6 hours by approval)	3
SES 4343 Research Methodology	3	Elective	3
SES 4357 Program Design in Strength & Conditioning	3	Elective	3
SES 4098 Internship (1-6 hours by approval)	3	Elective	3
<b>Total:</b>	<b>15</b>	<b>Total:</b>	<b>15</b>

<sup>1</sup> **CORE:** SES Strength and Conditioning majors are required to take specific courses for Core 20, Core 30, Core 80, and Core 90. For all other categories, they may select from any available options (see degree checklist). Apart from the major-specific core requirements, there is no set order in which core courses must be taken.

<p><b>Identified Marketable Skills</b></p> <p>Oral/Written Communications – Career Management – Teamwork/Collaboration – Professionalism/Work Ethic</p>	<p><b>Top Three Local Employers or Industries/Professional Programs/Possible Career Opportunities</b></p> <p>High school or collegiate athletic programs – Fitness and Sport Performance Centers – Opportunities for graduate education in strength and conditioning or human performance</p>
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**Additional notes:** - The core curriculum must total exactly 42 hours; excess hours must be moved to the major as an elective or a major requirement and stay within the 120-hour requirement or approved total submitted to the Coordinating Board for degree requirements. Some majors specify particular courses to meet core curriculum requirements when options are available.

- At least 36 hours of advanced work (3000- or 4000-level courses) for which tuition is paid must be earned at WTAMU. A maximum of six semester hours in religion (RELI) and six semester hours in physical education (PHED) courses can count toward a baccalaureate degree.

- This degree track prepares the student with the scientific foundation for strength and conditioning. Additionally, through appropriate use of electives, this degree prepares one for further education in advanced exercise science fields.

- Important sequencing: SES 2321, SES 3343, and SES 3441 are the prerequisites for SES 4356; BIOL 2402 is the prerequisite for SES 3441; SES 3441 is the prerequisite for SES 4340. **DISCLAIMER:** This curriculum guide should be used in conjunction with the corresponding degree checklist for general planning purposes only. The degree checklist (later a student's official degree plan) should be referred to as the comprehensive list of all courses required for the degree. An official degree plan is required after completing 30 hours. Students should always seek the advice of their academic adviser before scheduling classes.

**DISCLAIMER:** This curriculum guide should be used in conjunction with the corresponding degree checklist for general planning purposes only. The degree checklist (later a student's official degree plan) should be referred to as the comprehensive list of all courses required for the degree. An official degree plan is required after completing 30 hours. Students should always seek the advice of their academic adviser before scheduling classes.